

# SPEEDFLEX CORK

## SCHEDULE 2026



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6.15 AM	CLASSIC 45			CLASSIC 45	CLASSIC 45		
9.30 AM			PUREFLEX 30		PUREFLEX 30		
12.00 PM						CLASSIC 45	CLASSIC 45
1.00 PM			PUREFLEX 30				
1.15 PM	CLASSIC 30	CLASSIC 30		CLASSIC 30	CLASSIC 30		
4.00 PM			CLASSIC 45	CLASSIC 45			
6.00 PM					CLASSIC 45		
7.00 PM		CLASSIC 45					
7:30 PM	CLASSIC 45		CLASSIC 45				

Pre Booking is essential. Please contact the Health Club on 021 480 0523 to prebook in advance of class.

## **SPEEDFLEX**

### **CLASS INFORMATION**

- **€10 per class**  
*for Member or Non Member*
- **€50 for Unlimited Classes for 5 Weeks**  
*Members Only, Not Available for Non Members*
- **€20 for MyZone Chest Strap**  
*Includes 1 Complimentary Speedflex Class*
- **New to SpeedFlex**

*Book in for a Complimentary Taster Session / Induction*

Class Bookings can be only made over the phone in advance of a class. Please call the **Health Club** on **021 480 0523** to book or for more information

**SPEEDFLEX** 

